

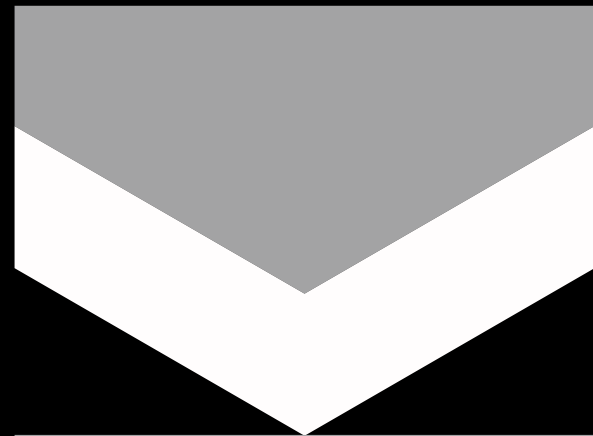
Designing and Implementing Pre- Swim Warm Ups

Ryan Evernden

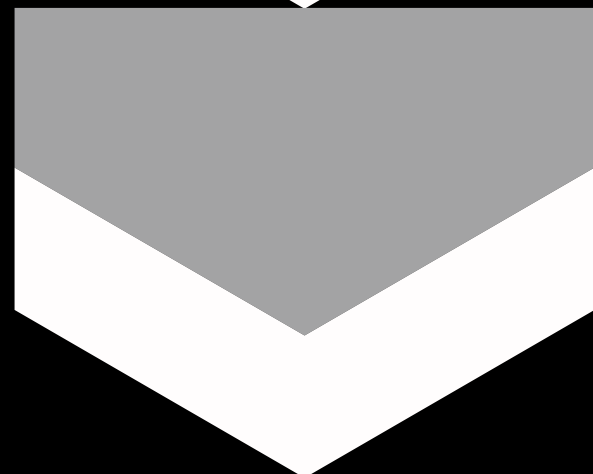
Head Coach at Formidable Strength & Conditioning



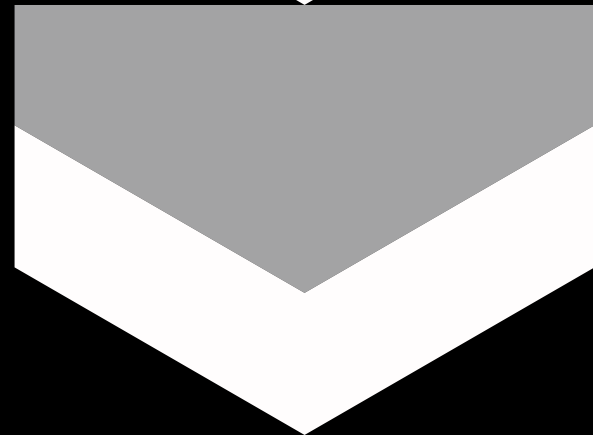
Group Programming Considerations



The Activity



The Athlete



The Individual



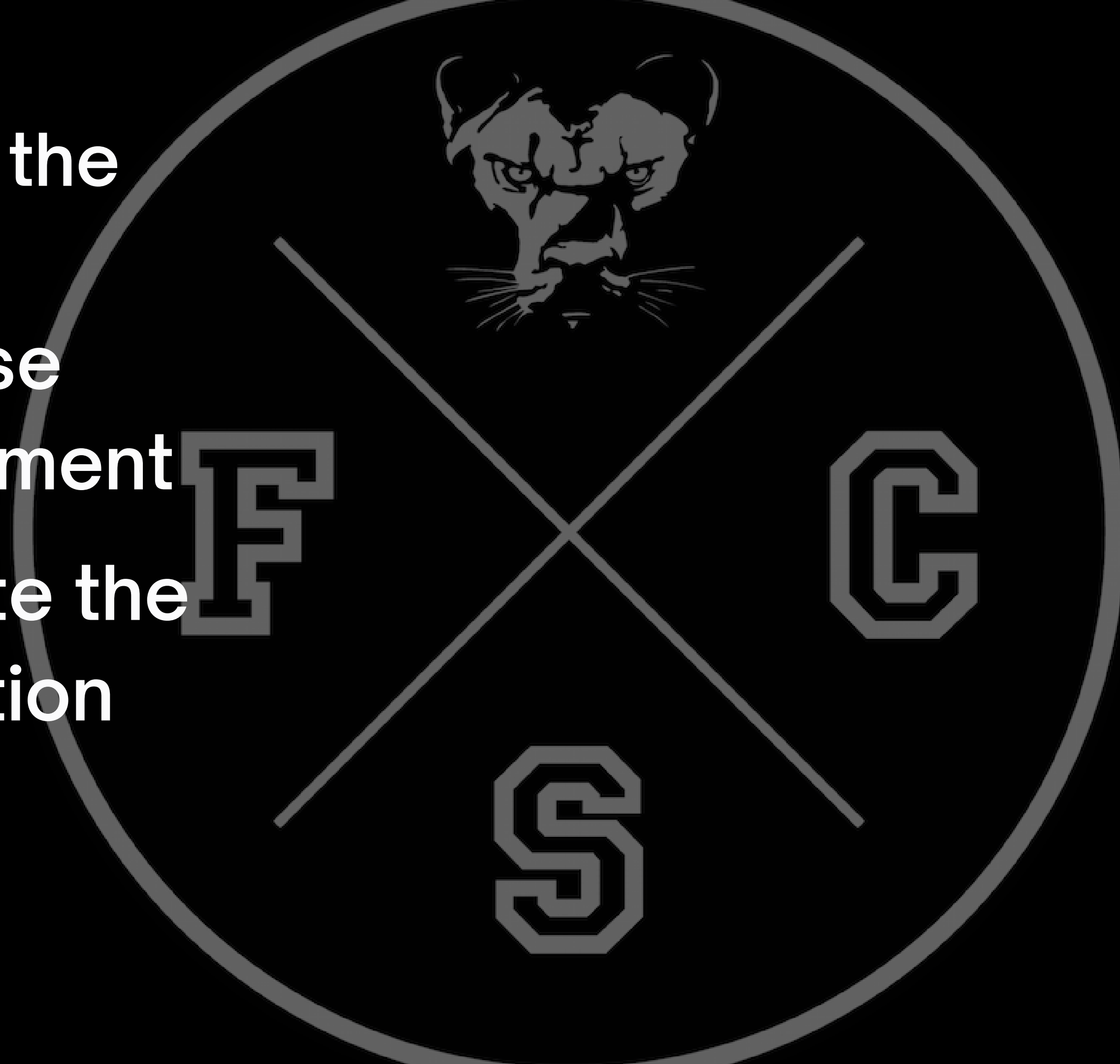


Reduce the
Risks

Maximise
Engagement

Facilitate the
Adaptation

Get the
Result



To create a
window of
optimal
trainability

3 pillars of training optimisation



Limitation of the athlete

Injuries, ROM limitations,
Stability limitations



Physiological needs of the activity

What body systems &
muscle groups are
required



Neurological needs of the activity

How much neurological
stimulation is required

Creating a Window of Optimal Trainability



Increase blood flow

Turn the system on

Address limitations

Address specific stability or mobility issues

Prehab / Rehab

Look to improve upon common problem points

Neurological Needs

Get the body ready for the specific activity

Addressing Limitations

- Where do you sit on a 9 point mobility test?
- Do you need more stability in & around a joint or more mobility or both?
- Weakness leads to tightness



9 Point Mobility Test



0 1 2 3 4 5 6 7 8 9



Indicates
Hypomobility

Indicates
Hypermobility



Increase blood flow

Turn the system on

Address limitations

Address specific stability or mobility issues

Prehab/ Rehab

Look to improve upon common problem points

Neurological Needs

Get the body ready for the specific activity

Skipping
Animal flow sequences
Walking
Breathing

Upper body
Stability/Mobility
Lower body
Stability/Mobility

Either insert specific rehab
exercise or do shoulder/
hip capsule specific work

Med ball slams
Reaction games
Breathing
Explosive movements

Contact information

Email -

ryan@formidablestrength.com.au

Facebook Group -
Swimming Strong

